

# Savior

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

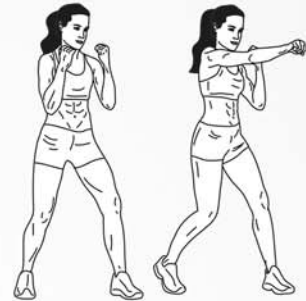
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST 2 minutes



**10** squat side kick



**10** squat front kick



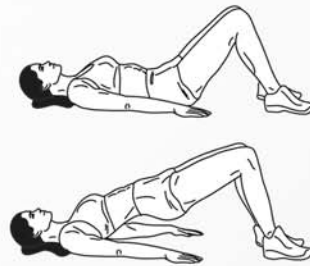
**20** punches



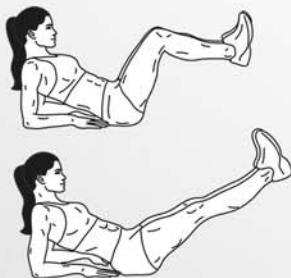
**10** leg extensions



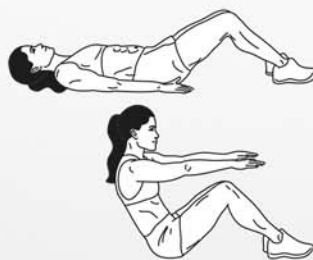
**10** half wipers



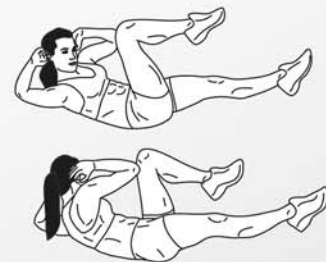
**10** bridges



**10** crunch kicks



**10** sit-ups



**10** knee-to-elbow crunches